

Potato Salad10

Number of Servings: 10 (139.92 g per serving)

Amount	Measure	Ingredient
2.00	lb	Potatoes, ckd in skin, peeled, unsalted, diced
5.00	tsp	Oil, canola, salad & cooking industrial
5.00	tsp	Vinegar, cider
3/4	tsp	Juice, lemon, cnd/btl
2.00	tsp	Mustard, yellow, prep
2 1/2	tsp	Sugar
3/4	tsp	Salt, table
3 1/4	ea	Eggs, hard bld, lrg
14.00	Tbs	Celery, fresh, diced
4 1/4	Tbs	Onion, white, fresh, chpd
1/4	tsp	Spice, pepper, black
5 1/2	Tbs	Mayonnaise, light
5.00	tsp	Relish, pickle, sweet

Nutrients per serving

Nutrition Facts			
Serving Size (140g)			
Servings Per Container			
Amount Per Serving			
Calories 160		Calories from Fat 60	
			% Daily Value*
Total Fat 7g			11%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 300mg			13%
Total Carbohydrate 22g			7%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 4g			
Vitamin A 4%		Vitamin C 20%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* 12# AP Potatoes = 10# EP

Potentially Hazardous Food. Food Safety Standards: Store and serve at 40 degrees or below.

Cook potatoes until tender. Dice while warm. Make a marinade of oil, vinegar, lemon juice and seasonings. Add to warm potatoes and mix gently. Marinate until cold, storing at 36-39 degrees F overnight.

Add eggs, celery, relish, onion and pepper to marinated potatoes. Mix lightly.

Add chilled mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving. Serve with #8 scoop.

1 serving = 1/2 c

1 serving = 22 g carbohydrate = 1 1/2 Carb Serv